Symptoms of Sleep Apnea

1. Loud Snoring
2. Headaches in the morning
3. Sore throat when waking
4. Waking with choking or gasping
5. Lack of energy during the day
6. Restless sleep
7. Forgetfulness
8. Mood changes

"Symptoms of Sleep Apnea." WebMD. Ed. Vernada Karriem-Norwood, M.D. WebMD, n.d. Web. 10 Mar. 2013.